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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

CRAB MEAT IS FAVORITE FOR SUMMER MEALS

Crab meat, which has long been recognized for its distinctive flavor and its variety of uses, is now in plentiful supply in the food markets, says the Fish and Wildlife Service.

"Ready-to-use" crab meat--fresh cooked, frozen or canned--is especially in demand for summer salads and crab cakes.

Several species of crabs are taken by American fishermen. In New England the rock crab is the commercial variety, while the blue crab is found from New York to Texas and is the most important crab on the Atlantic Coast. On the Pacific Coast, the dungeness crab is the best known. From northern Alaska waters come the giant king crabs.

Crab meat from blue crab is packed in the following forms: Lump meat is the white from the large muscles in the back; flake meat is the remaining white body meat; and claw meat is the brownish meat from the claws. White meat is preferred for salads, while the darker meat is usually used in crab cakes or patties. From the other varieties the meat from all parts of the crab is usually packed together.

Here's a recipe for a delicious and nutritious salad developed and tested by the home economists of the Fish and Wildlife Service.

CRAB RAVIGOTE

1 pound crab meat
2 tablespoons chopped sweet pickle
2 tablespoons lemon juice
 $\frac{1}{4}$ teaspoon salt
Dash pepper
1 hard-cooked egg, chopped
1 tablespoon chopped parsley
2 tablespoons chopped onion
 $\frac{1}{4}$ cup mayonnaise or salad dressing
2 tablespoons chopped stuffed olives
 $\frac{1}{4}$ teaspoon paprika
Pimiento

Remove any shell or cartilage from the crab meat. Combine pickle, lemon juice, seasonings, egg, parsley, onion and crab meat. Fill 6 crab shells or individual casseroles with mixture. Combine mayonnaise, olives and paprika; spread over tops of shells. Chill. Garnish with pimiento strips. Serves 6.

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